

December 16, 2025

Good Morning IS 201! I am Leilani from 731 and I am here with you this Talk A lot Tuesday on behalf of the SEAL Team.

Today we are going to start with our affirmation.

Like Walt Disney, the affirmation of the day is, “I add color and joy to every day.”

Each morning gives us a fresh opportunity to choose how we show up. Every choice we make matters. When we choose kindness, encouragement, and positivity, we help our school feel welcoming, safe, and bright for everyone who walks through the doors.

Color and joy can be found in simple moments smiling at a classmate, helping someone who is struggling, including others, or doing your best even when something feels challenging. Those small actions make a big difference and help build a strong school community.

As Disney’s *Lilo & Stitch* reminds us, “Ohana means family, and family means nobody gets left behind.” Here at our school, we are one community, and we look out for one another.

Today, let's lift each other up, show empathy, and spread positivity wherever we go. Together, let's add color and joy to every day.

Thanks for listening and have a Technicolor Tuesday 😊

SEAL Team pledge:

We are the Dyker S.E.A.L. Team

Positivity is our dream

We teach it every day

To help others live the optimistic way

We learn to control our emotions and feelings

So, we always have effective social dealings

No stone left unturned; no person left behind

Every member of our team has the power to be kind

We spread kindness to our friends, families, and those who need a smile

When facing hardships and adversity, the S.E.A.L. Team goes the extra mile

